CAM-MIND NEWSLETTER

Cam-mind's Art Group is a great success....

As you can see from the paintings featured in this issue, the members of Cam-mind's art group, run by volunteers Jane Pryor and Fliss Cadbury, are producing some great pieces of work.

"At the Cam-mind Art group on Tuesday mornings, we get together to be creative, chat and have a coffee. We try out different kinds of art work, from painting, drawing and craft. Some of the projects we have done in the last few months are abstract painting, making our own sketchbooks, self-portraits and Christmas decorations. It's a relaxed time and the group is for all abilities."

For more pictures see page 18.

Thomas

Jim

CHARIOTS RUN RAISES £50K FOR CAM-MIND (SEE PAGE 1 FOR PIC. & REPORT)

FIRST OCD WEEK - CAM-MIND IN GRAFTON CENTRE (SEE PAGE 1 FOR PICS & REPORT)

WINTER/SPRING EDITION 2010

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MINDFUL EMPLOYER

mind

Registered Charity No. 265087

Chariots run raises £50k for Cam-mind

Left: Colin & Charles with Tom Amies & Chris Brearle, both from The Howard Property Group

Left: Aly Anderson, Mayor Russ McPherson, Polly Stokes – Cam-mind fundraising chairman, Colin Grant-Editor Cambridge News and Charles Hewitson

We received the huge funding boost thanks to the efforts of thousands of Cambridge runners from the 2009 Chariots of Fire charity relay race. The cheque presentation ceremony took place at Hewitsons in Cambridge, main sponsors of the event, and was attended by representatives of Cam-mind and co-sponsors, the Cambridge News as well as the Mayor of Cambridge, Russ McPherson. The money was raised by around 370 teams who ran in the race in September 2009. It will be used primarily to fund our expanding befriending project and to raise awareness of mental health issues among local employers by promoting the nationally-recognised Mental Health First Aid (MHFA) course.

Members of the team who raised the highest sponsorship, The Howard Property Group, also attended the ceremony at Hewitsons, raising a fantastic £2,552.59. Tom Amies said, "We really enjoyed taking part in the event and are very pleased with our fundraising efforts for such a great charity."
Charles Hewitson, race director and senior partner at Hewitsons added, "2009 was a very successful year for Chariots of Fire and we are delighted with the amount raised. I would like to add our thanks to everyone involved for their hard work and efforts in raising money."

We would like to thank Hewitsons for their continuing support of our work.

OCD WEEK, THE UK'S FIRST EVENT OF ITS KIND, TOOK PLACE BETWEEN 6TH-13TH FEBRUARY 2010.

An engaging, informative and inspirational week about OCD (Obsessive Compulsive Disorder), which can be a severely disabling condition. Cam-mind and a group of young Cambridge film-makers did their bit to raise awareness of the condition.Cam-mind's OCD support group ran an information stand at the Grafton Centre on Friday 12 February, handing out leaflets and other information to city shoppers.

The event also gave shoppers the chance to watch the DVD ***Spotless***, made by the group of local young filmmakers **Spark in the Dark** (see notes on next page). ***Spotless,*** a film about OCD in young adults, was shown at the national OCD conference in London organised by the charity OCD Action on 6 February.

Continued on next page

OCD is a condition characterised by the presence of obsessions and/or compulsions and affects an estimated 1.8 Million people in the UK. People are often afraid to seek help for OCD. On average there is an estimated 12 year delay between onset and getting treatment.

However, help is available and one of the aims of OCD week is to encourage people with the condition to access advice, information and support.

Further information about the condition is available from the OCD Action helpline on 0845 390 6232 or from their website – www.ocdaction.org.uk

For more details of the Cam-mind local support group please contact Aly Anderson at Cam-mind on 01223 311320.

Spotless is a film about OCD in young adults, produced by a group of young film makers Spark in the Dark (see separate note below).

The screenplay was devised in consultation with the national charity OCD Action. The story revolves around Mike in his first term at university, staying in halls of residence. He suffers from OCD, and his condition isolates him from his fellow students.

He is befriended by Charlie, a larger than life character, who struggles to make real contact with people despite being the life and soul of the party. Charlie drags Mike off to a party, but his attempts at socializing him go horribly wrong. Mike tears up his student room in total frustration at his condition, and Charlie goes to find him, the film ends with the two discovering the start of a friendship, and making a real contact for the first time.

The screenplay was devised in consultation with OCD Action. It was shown as part of the OCD Action week at the conference on February 6th. It will also be used as a resource for student union campaigns at Higher Education level, covering mental health issues. It will also be used as a resource for familiarizing learning support assistants working in HE with the effects of OCD on young adults.

Spark In The Dark is a group of young filmmakers who have been making films together ever since primary school. They have over thirty productions to their name, which have been screened at film festivals such as Raindance, Leeds, Cambridge, Bradford and London. In recent years they have worked with funding bodies such as Media Box and The National Lottery to make films around issues of concern. Their 2006 film Buried was shortlisted for the First Light Awards (2006) and the BBC Blast Awards in 2007. Their latest funded film Wrecked recently won the 2008 Unicef Young Filmmaker's Award at Showcomotion. They have just finished their latest film Spotless, based on research into OCD with OCD Action and Cam-Mind. The film was funded by the National Lottery - Awards for All. Their group is dedicated to making films continuously - meeting weekly to plan, film and shoot films. This site is an opportunity to showcase some of their films and receive feedback, and give encouragement to other filmmakers. (see www.sparkinthedarkproductions.co.uk for further information).

"As a sufferer from OCD I have been attending the bi-weekly meetings at Cam-mind on Monday evenings for a couple of months already. I found them to be a great opportunity to discuss related matters in addition to my Psychotherapy sessions in a friendly and relaxed atmosphere. The often tragic and at the same time comic daily routine of OCD patients is naturally best understood by people who are familiar with the illness, either by their own experience or by being a relative of a sufferer. Also, there is much to learn by seeing how other OCD affected people cope with this illness. Recognizing my own behaviour patterns in the stories of other sufferers helps me to identify my symptoms more clearly and to accept the illness better – certainly an important step in fighting my OCD."

Cam-mind OCD group member

Cam-mind Sunday Lunch Club

I really enjoy helping Jane at this club where there is a lovely happy atmosphere. Apart from Jane's delicious lunches Glenda runs a stall which is very popular and makes some extra money for Cam-mind. There is also a raffle where there is a small prize for everyone and this is a lot of fun. The time flies by at this very busy lunch club.

Louise-volunteer

"I meet up with people I wouldn't normally see. A break from cooking and have a good meal." ***Jill***

"It would be a shame if it ever closed." ***Chris N***

TRIP TO SEE 'JOSEPH AND HIS AMAZING TECHNICOLOUR DREAMCOAT' with Louise on 2nd January

Louise kindly arranged a trip to see 'Joseph' and eight of us went to see the show.

We had some excellent seats and thoroughly enjoyed the music, brilliant performances including the Sheep and Elvis! 'Joseph' had a wonderful voice as did the school children providing valuable backing.

It provided us with an event to look forward to after Christmas, despite the snow showers!

Maxine and Margaret (The two M's)

I have been working in Cam-mind for many years, both in the one-to-one Befriending Scheme and Social Clubs, which have shown themselves to be of benefit to many. However the quiet kindness, help and support and friendships made between our members, in many ways, is generally hidden. Recently in my work watching this in action I have been reminded by an article in the Cambridge Evening News by the Rev. David Conner.

"'I suspect it is the very thing that has for most of us, been the most sustaining through all the ups and downs of our various lives. What is often most resilient and enduring is frequently that which is hidden, that which is beneath the surface or behind the scenes. We start to know what is of real importance."

I have felt very privileged to have been given the opportunity over the years to see our service users supporting one another and growing in confidence through attending the Cam-mind groups.

Jane Ellam
Volunteer – Sunday Lunch and Friday Arbury Club)

"I love coming here, great meals, nice variety. I like the stall, clothes help,shoes and bags. Also like meeting people and talking. Thank you." ***Jackie H.***

A successful shopping trip to Peterborough was enjoyed by everyone on 26th November – treating themselves as well as buying Christmas presents!

Thank very much to Lucy – Manager at Chesterton Road Co-operative - for donating food towards our Christmas party

A GOOD START TO CHRISTMAS

Everyone enjoyed the Christmas party held on 20th December –music, lots of lovely food , raffle , stalls and carol singing. Guess the name of the Teddy was won by Ian, but luckily for Lucy he asked us to pick another name and she was then the lucky person to take our Teddy home! Thank you to David Jordon and members of Rethink for donating £100 towards our party preparations.

Renee, Mayor Russ Mcpherson & Nick

Service users & volunteers enjoying Christmas

Enid Palmer 1929-2009

It was with great sadness that I heard of Enid's death at her home on New Years Eve. She had faced her long illness with great courage and I was glad to visit her on several occasions during these last few weeks in hospital and then in her comfortable home.

Enid joined CMWA (now Cam-mind) volunteers on 18th January 1984. She came to see me to offer to join after she had seen an article in the local paper appealing for more volunteers.

Since that time Enid worked tirelessly and with good humour in the Clubs and at numerous Social and Fundraising events. Enid had the precious gift of making new members feel welcome and secure. She enjoyed the challenge of arranging the guest and transport lists for some of the Clubs and all our Parties, Coach Outings and Fun Days. This was a huge task and her home 'phone was constantly ringing. Enid soon became known as CMWA's 'Transport Queen' and we presented her with a home- made clay 'medal' at one of our Parties, which greatly amused and pleased her.

Enid was an elegant lady but she gladly wore a black bin bag to keep dry when the rains came at some of our many successful fundraising events and market stalls.

Enid became a great and loyal friend and confidante to me and others in good times and bad, over twenty five years. She will be much missed.

Our thoughts and love go to her daughters Gillian and Alison and their families.

Jane Ellam - Volunteer

MIND MATTERS

A book of poems by the Cam-mind Poetry Group

Compiled by Gill Drake
Illustrations by
Alan Rogerson and Jill Ogilvy

Design and Production
Jill Ogilvy/Jane Pryor

£3.00

FOR SALE
FROM THE CAM-MIND OFFICE

INVIGORATE

PHYSICAL ACTIVITY SESSIONS FOR MENTAL HEALTH SERVICE USERS IN CAMBRIDGE

Activities include:

Football, Gym sessions, Tennis, Badminton, Multi-sport activities, Yoga, T'ai Chi, Swimming

Sessions are co-ordinated by Cambridge City Council and are supported by Cambridgeshire + Peterborough Mental Health Trust and CamMIND.

Sessions are fun and are provided at a subsidised rate. Membership to join the programme is free, but essential. For more information on the programme, to join the scheme or to request a latest edition of the Invigorate activity brochure, please contact 01223 457000 or e-mail: sportsdevelopment@cambridge.gov.uk

Cambridgeshire and Peterborough NHS

CAMBRIDGE CITY COUNCIL

change 4 life

PLEASE COME AND JOIN US AT THE CAM-MIND ALLOTMENT !

Spring is fast approaching and we are looking forward to some lovely sunny, warm days at the Allotment in Chesterton. At the moment there are some new crops of rhubarb, strawberries, onions and broad beans growing away nicely, and soon we shall be sowing and planting a wide range of spring veggies, herbs and flowers.

New members of the allotment group are always welcome—why not come along and try some gardening—no need to be an expert!!—advice and help will be given.

The group meets at Cam-mind every Friday at 10am and then goes to the Allotment about 10.30am, returning at 12.30pm.

Oh and lastly—we always stop for tea/coffee and cakes outside our garden shed! This is the bit I really like!! Please ask in the Cam-mind office if you would like some information.

Patrick Hoskin

INVIGORATE UPDATE

Climbing session @ Kelsey Kerridge Sports Centre

As part of this fun session, participants learn the safety aspects of climbing, belaying, abseiling and knot tying by a fully qualified instructor. Places are limited and booking is essential.

Date: 26th April 2010
Time: 10-11am
Cost: £6
To book a place please contact the Sports Development team on 01223 457000

Archery session @ Kelsey Kerridge Sports Centre

As part of this fun session, participants learn the safety aspects of archery, how to string the bow, the correct body position and techniques of loading, aiming, anchoring and releasing the arrow from a fully qualified instructor. Places are limited and booking is essential.

Date: 29th March 2010
Time: 10-11am
Cost: £6
To book a place please contact the Sports Development team on 01223 457000

Continued on next page

INVIGORATE UPDATE (continued from previous page)

Healthy Walk around historic Cambridge

Come and join a Visit Cambridge tour guide for a healthy walk around the historic buildings of Cambridge. All you need is some sensible footwear and to be able to walk for around 30 minutes – whatever your speed.

Dates: Monday 22nd March + 19th April
Time: 2pm meet
Meet: Parkers Piece (behind pizza hut)
Cost: FREE!
No booking is required, just turn up on the day!

For more information on the Invigorate programme, including details on how to join as a member + information on our other activities, please contact the sports development team at Cambridge City Council on: 01223 457000

CAM-MIND DISCO & KARAOKE

All having a fine time
At the Mind party, so sublime
Dressed in our glad-rags
With fancy little bags
Well oiled with fizz
And looking the bizz
Special television showing videos
And the karaoke with all kinds of shows
Dancing all over the place
Closing in on the space
The lovely raffle with beautiful prizes
And people dressed in different guises
The guys and the girls
All doing such twirls
Doing the hokey cokey all around
As all the people leap and bound
Hugs and kisses everywhere
And fun and laughter – a lot to spare
Well done Mind for all the fun
It equalled one of the clubs in London!!
Gill Drake

Disco mania!

I love discos, why not go out and enjoy yourself
Dance on the floor and swing that bum more!
The disco was fabulous. I loved the little television screens and there were two of them.
People were drinking pop and munching crisps. The lights started flashing, Lucy was dancing and stepping around and encouraged people to dance the night away. Lucy looked nice. Everyone seemed spell-bound by the disco and Charlie did very well – well done!
Later, Shelley did her bit and made a bee line for young Marcus when Renee & David started up the karaoke machine. I was so nervous but was confident with Alison. I think Alison and I made a good duo. I sang two songs – 'YMCA' and 'Like a Virgin' and some Elvis. Gill's solo was magnificent – she would even make Cheryl Cole jealous – ha ha!
There was a raffle and I won several prizes but I put them all back. Mum said I should have kept one.
There was plenty going on at the disco especially when we all made a train and danced around. It was a really really good experience.
Marcus Willis

Many thanks to David Jordon and the Cambridge branch of Rethink for donating £25 towards our disco expenses ****** For Disco pictures see page 19 *********

FORTHCOMING SERVICE USER EVENTS

BINGO & BRING & BUY – Saturday 15th May – 2pm – 5pm
SUMMER OUTING – Thursday 1st July – all day
SUMMER BARBECUE- Saturday 21st August – 2pm – 5pm
CHRISTMAS PARTY – Sunday 12th December – 2pm – 5pm

Invitations containing further details will be issued nearer to each event.

WELCOME TO CHARLES HEWITSON

We are very pleased that Charles Hewitson agreed to be our President following the retirement of Bishop Anthony and we very much look forward to working with him.

Charles is the Senior Partner of Hewitsons, a large regional law practice with offices in Cambridge, Northampton and Milton Keynes. Charles is based in the Cambridge office. He joined Wild Hewitson & Shaw in 1979 and studied law at Leicester University.

He currently heads up the Agriculture and Rural Business Group and is a Trustee of a number of private trusts and is also director of various companies.

Charles has been actively involved in the local community and was formerly a Trustee of the Addenbrookes Hospital Development and Recreational Trust and a former committee member of the Evelyn Hospital. He is currently a Governor of the Leys and St Faiths School, a member of the Great Fen Project Fund Raising Committee and Race Director of Chariots of Fire.

Charles lives in Cambridge and is married to Annabel. He has two grown up children and three step children. Charles is a keen skier and sailor.

If you have any unwanted presents or items that we could use for raffle and tombola prizes these would be very gratefully received at our office

We are Back!!

Wednesday Cooking Group has been re-launched with new volunteers Hayley and Sach

Please contact Hannah if you would like to join.

The group meet between 4 and 6pm and cook a meal together each week to share.

We need YOU!

We need **volunteers** for the following groups

Monday Textiles Group 11am-12.45pm

Sewing, knitting, crochet etc. Any skills you can bring to the group would be welcome - NO NEED TO BE AN EXPERT!

Thursday Evening Group 7.30pm-9pm

Bingo, table tennis, DVD nights, games night - come along - help and have fun

Sunday Lunch Club 12noon-3pm

Preparing food, laying tables and chatting with group members - a great way to spend Sunday

If you can help please contact Hannah at the Cam-mind office.

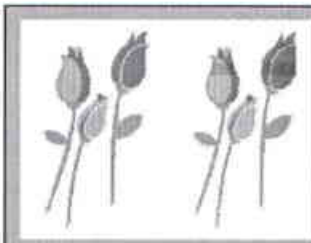
Thank you Shelley for fixing the toilet seat for us!

Thank you to Mr and Mrs Hubball of PETER HUBBALL ASSOCIATES for deciding to send email wishes last Christmas to their clients instead of paper cards and sending the relevant cost (£250) to Cam-mind

Thank you to staff & customers at the Texaco Garage, Duxford for raising £15 this time in their collection box.

Thank you Angela

for the typist's chair for our club room

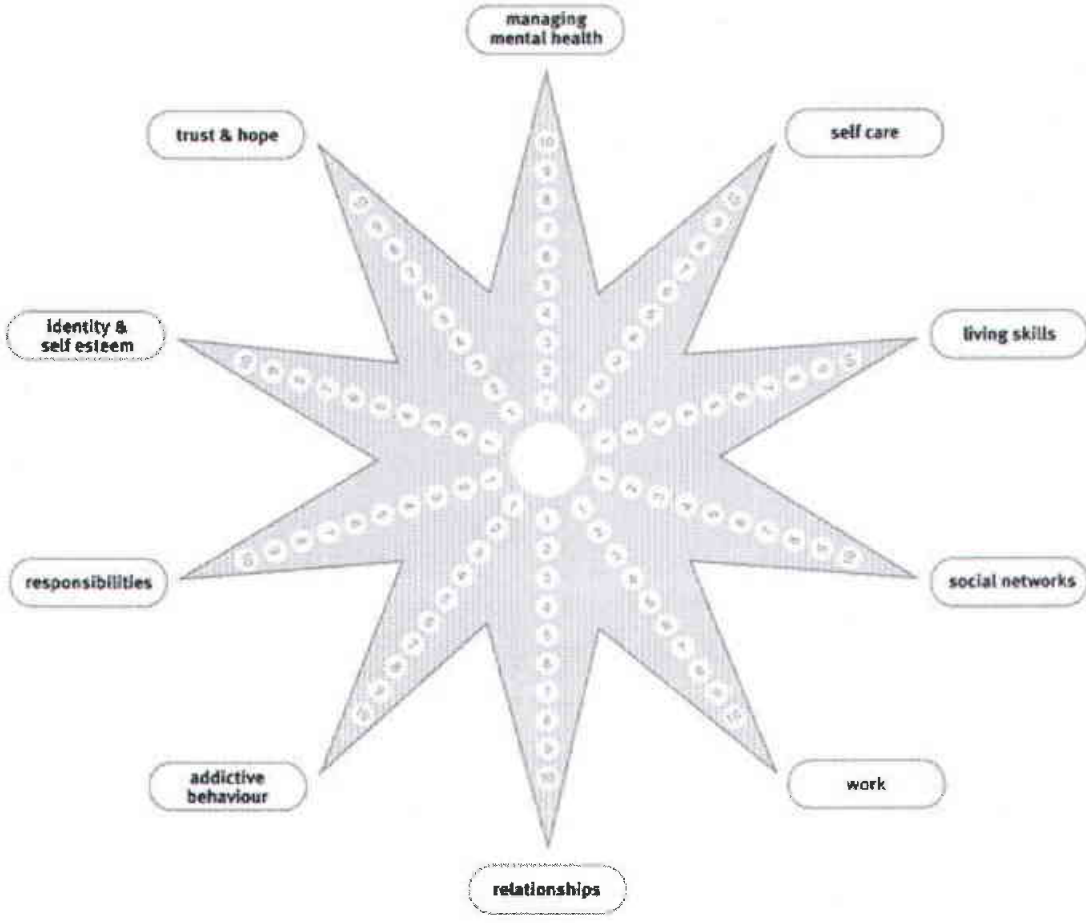


Thank you to Christine Halls for donating £406.50 to Cam-mind in memory of her mother Joyce Wood.

Introducing . . .

. . . .THE RECOVERY STAR!

Cam-mind is hoping to introduce the Recovery Star across its services over the next year, starting with a pilot project soon. Here is a brief introduction to this recovery model. For more information, please talk to Aly, either at the office or by calling 01223 311320



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The Recovery Star is a tool for supporting and measuring change, designed to be used within adult mental health services. It enables service users and organisations to measure and summarise:

- the progress being made by service users
- the service being delivered through a project

The Star has been developed by the Mental Health Providers Forum in partnership with Triangle Consulting. It provides a very visual way of recognising and measuring change.

The Recovery Star identifies and measures ten core areas of life, represented by each of the star 'points', above. Each point is numbered one to ten – one being "stuck" and ten being "self reliant".

At its core the recovery star has the 'ladder of change', which is a step by step process that everyone goes through to some extent when making positive changes in their lives.

The Recovery Star helps to identify any difficulties people are experiencing in each of these areas - and where they have got to in terms of addressing these issues and moving on. It is a person-centred and has relevance for everyone. It recognises that we all sometimes need help and support in some areas of our lives.

This model is not about trying to force people to change if they do not want to, or before they are ready to do so. Nor is it about moving people on before they are ready.

However, research shows that it can be very helpful in supporting people who feel ready to move forward in key areas of their lives.

CAM-MIND

AWAY DAY 2009

Around 50 service users, staff and volunteers attended Cam-mind's 'Away Day 2009' on 4 December to discuss the issue of transport provision and the proposed introduction of the 'Recovery Star' model across our services.

Subsidised taxi service

For many years a subsidised taxi service has been offered to service users who face difficulties in travelling to a number of Cam-mind's groups and activities, including the Women's Group, two evening groups and Sunday Lunch.

The cost of this service to the charity has been nearly £15,000 per year, for which there has been no specific funding. Given this lack of funding and the inequities of the service that was being offered (i.e. only to service users attending certain groups) , Cam-mind's trustees felt they had no choice but to withdraw this service as from April 2010.

This decision proved a controversial one and one of the purposes of the Away Day was to let everyone involved have their say on the issue – but also to share ideas on other ways in which Cam-mind can support people with transport difficulties in the future.

Recovery Star

The Recovery Star is an exciting new service-user-centred recovery tool, designed to support mental health service users on their road to recovery. Cam-mind is planning to start using the Star soon, and the Away Day proved an ideal opportunity to introduce it (see separate story, page x)

Sharing ideas

One of the main aims of the Away Day was to share ideas and so, following brief presentations to set the scene, the group work began – with the aim of looking at potential new ways in which Cam-mind can support service users who have transport difficulties.

From these groups came a vast range of views and ideas, ranging from the possibility of setting up a 'bus buddy' scheme to discussions as to how Cam-mind might fund-raise for its own minibus and/or support service users in applying for free bus passes and the City Council's taxi card scheme.

While the ideas and views varied from group to group, the consensus was that the needs of all those service users who currently use the subsidised taxis should be assessed individually - and ways found to ensure that none of those people are prevented from accessing the activities that they currently attend.

What Next?

Subsidised taxis: It was agreed that all those currently using the taxi service would be individually assessed as early as possibly in 2010. In addition a report from the Away Day would be considered by both the Service User Group and the Board of Trustees to look at ideas for the future (see transport progress report, page 11) .

Recovery Star: A meeting for all those interested in taking part in the Recovery Star Pilot will be organised as soon as possible in 2010 (see page 9 for more information).

This newsletter was edited by Alison Humphreys
Please contact me at the cam-mind office if you have any reports/items of interest to put forward for inclusion. 01223 311320 or admin@cam-mind.org.uk or by post to the office.

Photographs in this edition were taken by Leslie Caddoo, Renee Evans, Ben Chivers, Aly Anderson and Jane Pryor, Alison & Karen Humphreys.

Contributions were gratefully received from Aly Anderson, Jane Ellam, Louise De Ste Croix, Renee Evans, Ben Chivers, Art group members: Sam, Robert, Jim, Zac and Thomas, Jane Pryor, Charles Hewitson, Alison Humphreys, Patrick Hoskin and Hannah Turner, Marcus Willis& Gill Drake.

Thank you to Susan Hilken for proof reading the finished copy.

COULD YOU BE A FRIEND TO SOMEONE?

1 – 2 hours each week could help to change someone's life. Please contact Hannah at Cam-mind if you can help.

Transport Progress Report

At time of writing, Cam-mind trustee Liz Barry and staff members Aly Anderson and Hannah Turner are in the process of assessing the needs of everyone affected by proposed transport changes. Individual plans for alternative arranges are being put in place as a result.
Alongside this, Cam-mind's Service User Group met on 8 February and its Board of Trustees on 18 February– both to consider the ideas that came out of the Away Day group work session.

Service User Group

Several members expressed their concern at the impact the transport issue was going to have on the most isolated of Cam-mind's service users and were concerned that there would not be time to find alternative arrangements for everyone in time for the April deadline. Aly and Hannah reassured the group that the trustees were absolutely committed to ensuring that everyone involved would still have the means to get to the activities they are currently attending from April onwards.

There was considerable discussion on the strengths and weaknesses of the various ideas that had come out of the Away Day.
The main points raised were:

- **Individual assessments** – all agreed that assessing/meeting the needs of individuals affected by the changes is paramount if there is to be a smooth transition as the taxis are phased out.
- **Negotiate with taxi firms** – suggested that this should be looked into. However members recognised that his could be difficult because most taxi drivers are self employed
- **Mini bus hire** – need to investigate possible use of Papworth Trust/Fulbourn Hospital mini bus. Could there be an increased service user contribution to cover this? Could we have a paid part-time driver?
  Alternatively, could we raise money for our own minibus – perhaps with the help of corporate sponsorship?
- **Taxi card/bus pass** - Cam-mind could help by verifying eligibility criteria and supporting anyone who wishes to apply for a Cambridge City Council taxicard or free bus pass.
- **Bus buddies** – although a good idea in theory, it was felt that this might be difficult to operate in practice.
- **Use public transport as a group** - Members of the Women's Group felt this would not work for them, as group members live a long way from each other – however, it was felt that this might work for some other groups.

Continued on next page

Continued from page 11

- **Recruit volunteer drivers** – this could help meet needs of particularly isolated individuals who have no other options available to them.
- **Friends and family** – could be an untapped source of transport support for some?
- **Cycling** – there was some discussion about the possibility of cycling to activities, particularly during the summer. George Mackenzie House is running a programme of 'building' bikes. Could we link into this some how? The police also have bike auction days that we could link in to.
- **Club card points** – could Cam-mind negotiate with Tesco/other supermarkets to use these on transport?

In Any Other Business , the group discussed the term 'Service User' which is so widely used within mental health but is one with which many people feel uncomfortable. This followed on from a suggestion made at the Away Day that Cam-mind should replace this term with "client" or "friend" or similar. Group members had various preferences and it was suggested that this be put to the vote among those who currently use Cam-mind's services. ***NB: This idea has since received Board support and will go ahead as part of a general service user consultation over the next few months.***

Board of Trustees

Cam-mind's trustees considered all the Away Day suggestions – and the service user group responses – at their meeting on 18 February. They were also updated on the progress on individual assessments of those affected by the taxi changes.

All Board members agreed that priority at this stage had to be given to ensuring that those people could still access services after April, and this would have to be addressed in a way that was mindful of specific individual circumstances.

Consequently they agreed that the main points to pursue over the coming weeks are:

- **Individual assessments** – identifying those in need of continued support and exploring all possible ways of supporting those people to continue to access services. This could include any of the any one of a number of the ideas recommended by the Service User Group.
- **Recruitment volunteer drivers** – to meet the immediate needs of the small number of particularly isolated individuals who have no other options available to them.

Beyond that, the trustees agreed it was very important to consider potential ways to help other service users who may currently be unable to access our services because of transport issues – particularly those living in rural areas. It was agreed that this would be discussed as part of the strategy plan review later this year, and that the Away Day/Service User Group ideas would be at the heart of these discussions.

MHFA – ONE YEAR ON

Bev

It is now almost a year since Cam-mind started offering the exciting new Mental Health First Aid (MHFA) course in Cambridge and South Cambridgeshire and, with nine courses already delivered, we now have a second MHFA instructor on board.

Bev Woolmer, who has been a volunteer with Cam-mind for some time, undertook the national instructor training course at the end of 2009 and has now successfully completed the first two courses she needs to become accredited.

Bev, who originally trained in nursing, has a social policy background. She also has wide experience in the mental health field, having worked as a mental health advocate and in community support projects.

Working alongside Aly Anderson, who completed her instructor training last year, Bev delivered her first two courses in January/February – one an in-house course for the Cyrenians in Cambridge and the other an open course attended by representatives of a wide range of local public sector and voluntary groups

Other courses run last year included several run in partnership with Cambridgeshire Community Services - and all nine run so far have received enthusiastic feedback from participants.

MHFA is a national 12 hour programme, usually run over two days. It equips participants with the skills they need to recognise the signs of mental health problems such as anxiety, depression and psychosis, to support someone experiencing mental distress and to signpost them appropriately.

Two more courses are already planned for this year – one in May and one September – with more to follow.

For further information, please call Aly Anderson on 01223 311320.

Fundraising

Thank you to everyone who collected over Christmas in the Lion Yard and also at the carol singing collection in the Grafton Centre. We raised the following amounts:

Lion Yard 9/12/09 & Lion Yard 12/12/09 £402.44

Carol Singing –Grafton Centre £250.94

- many thanks to Sue Stearn for organising all the singers and co-ordinating the collection on the day.

The Lion Yard kindly collected £98.28 from stores in the centre on Christmas Eve for us.

Queen of Outpatients

Renee runs all our stalls at Addenbrookes and we would like to thank her and all the people who have donated items to raffle and sell and/or helped Renee – Jane Ellam, Joy Voisey and her son Chris, Pam and Zina-Mary Galbraith, Glenda Jeeps, Maureen Spicer and Shelley Rogan. Thank you so much to all of you.

Raised since our last newsletter:

11th November £157.00
8th December £168.00
18th February £143.65

TOTAL £468.65

Left - Zina-Mary, Shelley, Glenda and Renee

CITY CENTRE COLLECTION –SATURDAY 17th APRIL

If you can spare 1 or 2 hours to help us to make this collection day a success please contact Alison at the Cam-mind office.

**********STOP PRESS**********

In June this year Kim Masson will be running in the West Highland Way Race in the colours of Cam-mind. This race is along the 95 miles between Glasgow and Fort William. Please look out for sponsor forms nearer the time and give your support to Kim.

WATCHING RUGBY AND RAISING MONEY !!

THANK YOU TO POLLY, KEVIN, RENEE AND DAVID FOR COLLECTING AT THE UNIVERSITY RUGBY CLUB AND RAISING £69.97

****

Thank you to the customers in the Champion of the Thames for raising £46.25 for Cam-mind

Thank you to Renee for raising £18.98 in her Cam-mind collection box

Thank you to Arthur Shepherd – men's outfitters for raising £30.88 in their Cam-mind collection box

CAM-MIND FUNDRAISING EVENTS FOR 2010:

CITY CENTRE COLLECTION – Saturday April 17th – We will be using the Michaelhouse Centre, Trinity Street as our base and people can pick up tins and collect anywhere in the shopping area of the City Centre, including the Grafton area. Collection tins can be returned to the Michaelhouse Centre after collecting times have passed ready for counting. We need a lot of volunteers to make this a very successful day for us – as little as 1 hour of your time is needed to make a real difference to the amount of money we can raise

MAKING CAKES TO SELL & OR SERVING TEA at Renee's house during the Bumps Boat racing weekend 11 & 12/6/10.

ARBURY CARNIVAL -12th June – help needed on the Cam-mind stall.

CHESTERTON FESTIVAL -26th June – help needed on the Cam-mind stall.

SAINSBURYS COLLECTION – Coldhams Lane – THURSDAY 1ST & FRIDAY 2ND JULY
Collectors needed for 1 or 2 hours each to help us to make this a very successful day.

THE BIG DAY OUT – PARKER'S PIECE – 10th July (www.cambridge.gov.uk (then type 'Big Day Out' in Search box)) We will have a stall at this event selling books, jewellery, bric-a-brac & tombola and publicising our work. **We need someone who could help deliver items to our stall on the day & park on Parker's Piece,** also, any offers of help on the stall are much appreciated.

FORDHAM MUSIC FESTIVAL 6th – 8th August (www.fordhammusicfestival.com) - Cam-mind will have a stall at this event selling books & jewellery as well as publicising our work. We sell from our stall and also go out into the crowd in pairs and sell tombola tickets over the weekend and enjoy the music.

ON FOOTSE TOP 100 3rd October - This will be the second time we have run this event, after a very successful first year in 2008. Employees from across Cambridgeshire will be running against each other to raise money for Cam-mind. We will need lots of people to help with many different jobs on the day (and with the organisation before the day if you would like to help). We will also be having an area of fundraising stalls and will need people to help to run this part of the event by bringing cakes, taking the money on the stalls, donating gifts for the tombola etc. ***Please indicate your willingness to help and we will then contact you nearer the time regarding the jobs available.***

CAROL SINGING COLLECTION – December (date to be advised) – Various local groups of singers come along and sing carols while we 'shake our collection tins'. If you can give 1 or 2 hours on a Saturday in December to help us to raise funds it would be much appreciated.

CAR BOOT STALLS – Dates to be advised during Spring & Summer – Glenda needs a lift approx 7am to site and collection 12 noon from site & return to Cherry Hinton. Staying to help on site optional.

IF YOU COULD HELP OUT FOR A SHORT TIME WITH ANY OF THE ABOVE PLEASE CONTACT ALISON AT THE CAM-MIND OFFICE.

Also needed are people to bring ideas and enthusiasm to our Fundraising Activities & Social Events Meetings – please get in touch – you won't regret it !!

Hairdressers targeted by anti-stigma 'hit squad'

Cam-mind is one of three local mental health organisations to pledge their support to an anti-stigma campaign targeting local hairdressers and barbers – ***and we are asking for your support to make it happen.***

Cambridgeshire and Peterborough NHS Foundation Trust, Cam-mind and Lifecraft are working together to encourage hairdressing businesses to get involved by displaying awareness-raising materials from the national Time to Change Campaign in their salons and shops.

"Hairdressers are in an ideal position to be a key part of this ground-breaking campaign, as their working day involves talking to a wide range of people about all sorts of things," explains Cam-mind's Aly Anderson.

"The Time to Change campaign focuses on challenging the many myths that surround mental illness – and encouraging people to talk about their mental health in the same way as they might talk about their physical health.

"This campaign is not about asking hairdressers to become counsellors. It's simply about asking them to help tackle the stigma by promoting the message that it is 'OK to talk about our mental health'."

The hairdressers and barbers campaign is an NHS East of England project. Although Cam-mind is receiving no direct funding for its involvement - a payment of £10 will be paid into core funds for every hairdresser or barber that we recruit!

Which is where you can help . . .

Next time you go for a haircut, **please** tell your hairdresser/barber about the campaign – and ask them if they will get involved.

All they have to do is to display the Time to Change materials and be prepared to listen to their customers' stories and responses.

Time to Change is England's most ambitious programme to end discrimination faced by people who experience mental health problems.

Its vision is to make lives better for everyone by ending mental health discrimination and its mission is to inspire people to work together to end the discrimination surrounding mental health.

The Time to Change programme of 35 projects is led by Mind and Rethink. It is funded with £16m from the Big Lottery Fund and £4m from Comic Relief, and evaluated by the Institute of Psychiatry at King's College, London.

The programme is backed by international evidence on what works, and has at its heart people with direct experience of mental health problems. For more information, see www.time-to-change.org.uk.

If your hairdresser is prepared to get involved – or you would be interested in promoting the campaign generally among hairdressers locally – please call Aly on 01223 3111320.

Cam-mind Subscribing Members

Mrs	Diana	Abbott
Mr & Mrs	P N	Ainsworth
Mr	John	Allison
Mrs	Margaret	Allison
Mr	Keith	Barrett
Ms	Liz	Barry
Mrs	Helen	Bates
Mr & Mrs	Frank	Bird
Mrs	Pierrette	Borgonon
Mr	Graham	Borgonon
Mrs	Mary	Boyd
Mrs	Y	Braithwaite
Mrs	Elizabeth	Bray
Mr	George	Brewster
Mr & Mrs	R	Bridgwood
Mrs	Daphne	Brink
Mrs	Elna	Bruning
Mr	T J	Bryson
Mrs	Audrey	Bug
Miss	Sarah	Bull
Mr	Alan	Bullwinkle
Mr	John	Campbell
Lady	Ruth	Chadwick
Cllr	Jonathan	Chatfield
Dr	David	Clark
Mr	Adrian	Cohen
Ms	Angela	Collison
Mr	John	Conroy
Mrs	Ann	Cooper
Mrs	Frances	Cullen
Baroness	Norah	David
Ms	Louise	De Ste Croix
Mrs	J M	Dean
Professor & Mrs	J	Diggle
Ms	Gill	Drake
Mr & Mrs Ken		Drake
Mrs	Ann	Duncan
Mrs	Sheila	Ekins
Mr & Mrs		Ellam
Mr	Andrew	Entecott
Mr	Keith	Evans
Mrs	Renee	Evans
Mr	Michael	Farrar
Mrs	Margaret	Farrell
Mrs	Rosemary	Faux JP
Miss	Marlyn Adele	Ferguson
Mrs	June	Foote
Mrs	Margaret	Foster MBE
Mrs	DR	Frost
Mr	Kevin	Gabbitass
Mrs	Helen	Goddard
Dr	Philip	Goldblatt
Mr	Christopher	Gravatt
Mrs	Nan	Guest
Professor	Frank	Hahn
Miss	Audrey	Hales
Mrs	Sylvia	Hallows
His Honour	Patrick	Halnan
Ms	Lisa	Hamilton
Ms	Claire	Harris
Mrs	Isa	Havens
Cllr	Geoffrey	Heathcock
	Liz & Martin	Heazell
Mrs	Susan	Hilken
Mrs	Philippa	Hill
Lady	Marion	Hodgkin
Miss	B P	Hodson
Mrs	Shirley Ann	Holden
Mrs	Doris	Holman
Mrs	S K	Holmans
Mr	John	Holt
Miss	Jenny	Houghton
Councillor	Mark	Howell
Mrs	Alison	Humphreys
Mrs	J udy	Innes
Mr & Mrs	A F	Jones
Professor	GH	Jones
Mrs	Ursula	Jones
Mrs	Helen	Kember
Mrs	Anne	Kent
Cllr	Sebastian	Kindersley
Mrs	Katie	Knapton
Mr	Terry	Layzell
Cllr Dr	Janet	Lockwood
Mr	Morcom	Lunt
Mrs	Mary	Mashiter
Ms	Enid	McHarg
Ms	Johanna	McHugh
Mr	Tony	Moore
Dr	Rachel	Muers
Mr & Mrs	James	Noble
Mr	Newton	Normoyle
Mrs	Mary Jane	O'Sullivan
Miss	E	Paczy
Mrs	Irene	Palmer
Mr	Brian	Payne JP
Mrs	Jane	Pearson
Mrs	A	Pillay
Mrs	Rosemary	Polack
Rev Dr	John	Polkinghorne
Mrs	Caroline	Powell
Mrs	D	Price-Thomas
Professor	S	Ramon
Mrs	G	Randall
Ms	Caroline	Roberts
Mrs	Shelley	Rogan
Miss	Rowena	Rothery
Mrs	Christina	Rowland-Jones
Mrs	Christine	Ruse
Dr & Mrs	Ron	Ryall
Mrs	I C M	Sahai
Mr	Colin	Shaw
Dr	Monica	Shutter
Mr	Gordon	Smith
Mr	George	Smith
Mr	Ron	Speirs
Canon	Owen	Spencer-Thomas
Mrs	Carol	Sprague
Mrs	B	Staines
Ms	S	Stefanowska
Miss	Sheila	Stern
Mrs	Polly	Stokes
Mr	Graham	Stuart MP
Ms	Barbara	Taptiklis
Mrs	Barbara	Taylor
Ms	Marina S	Turvill Smith JP
Mr	Tim	Vickers
Mrs	M J	Walker
Mr	Michael	Wallis
Mrs	Alex	Way
Ms	Jeannet	Weurman
Mrs	Sarah	Whitcher
Mrs	Catie	Whiteley JP
Mrs	Ann	Whitmore
Miss	Suzanne	Williams
Mrs	Brenda	Willis
Mrs	Caroline	Wilson
Mrs	Margaret	Winterbourne
Ms	Christine	Wright
Mrs	Irene	Young

Thank you to all our subscribers for supporting our work financially.

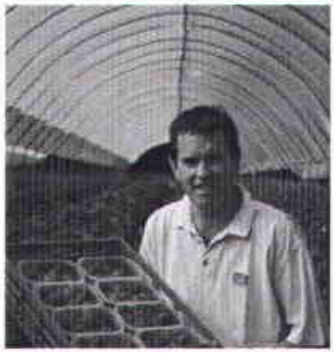
If you would like to join us it costs as little as £10 per year. To help Cam-mind to carry on with our services into the future please contact Alison at the office for a form.

JUST GIVING – AN EASIER WAY TO SPONSOR BEN:
http://www.justgiving.com/benchivers

Cam-mind
Barrere House, 100 Chesterton Road,
Cambridge CB4 1ER
Tel: 01223 311320 Fax: 01223 356947
Email: admin@cam-mind.org.uk
Web:www.cam-mind.org.uk

SPONSORSHIP FORM for Cam-mind

Please support Ben Chivers who is running the Paris Marathon for Cam-mind on Sunday 11th April 2010. Full details and sponsor form below:



"I have decided to run in the Paris Marathon this year and to raise money for Cam-mind, a local charity, who help people suffering from mental illness on the road to recovery. 1 in 4 of us will experience mental health problems at some point in our life, and as a child my Dad suffered from depression which eventually led him to take his own life, so it is a cause that is very close to my heart and helps to keep me plodding along on those grey winter training runs.

Thanks for anything you can give and you can be very confident I will do nothing as foolish as this in the future so will be unlikely to be pestering you for sponsorship again!"

NAME & ADDRESS	AMOUNT	GIFT AID DECLARATION I confirm that this donation may be treated as a Gift Aid donation and that I am paying income tax (or capital gains tax) equal to the tax you will reclaim on such donations.

Please use reverse of form if necessary

Best wishes to Ben from everyone at Cam-mind for a happy and successful day and thank you for sponsoring him.

Registered
Charity No. 265087

Cam-mind - Supporting Local People with Mental Health Problems

MINDFUL EMPLOYER

Three more great paintings by art group members

Robert

THANK YOU TO CHRIS HEBDEN AND THE CHARITIES' COMMITTEE AT JOHN LEWIS FOR DONATING A SHREDDER TO CAM-MIND

Thank you to Jane and Fliss for all your good ideas and hard work at the Art Group making it such an enjoyable couple of hours every Tuesday morning. If you would like to join the group please contact Hannah

Zac

Don't forget www.ccan.org.uk for the Cam-mind archive – past and present

Would YOU like to make a donation to Cam-mind? – it's so easy now - you can log on to Justgiving.co.uk - select Cam-mind in the Charity Box -followed by 'make a donation'. **Your support is very much appreciated**

Sam

CAM-MIND DISCO AND KARAOKE IS A BIG HIT !!

On Saturday 6th March there was lots of singing, music and dancing and a good time was had by all as you can see from the pictures on this page. Many thanks to Shelley for organising the refreshments and, along with Mary and other helpers, setting up the hall. Thanks to Renee and David for bringing the karaoke machine and raffle prizes.

DJ Charlie Tee and Tom were great!

www.djcharlietee.co.uk

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